TOP TIPS

**Organisation**

Don’t procrastinate

Keep your room tidy – a tidy room can lead to better sleep and peace of mind

**Activity**

Open your window to get fresh air

Do exercise – walk the dog, play a sport and don’t be lethargic

**Diet**

Healthy diet – fresh fruit, little caffeine, high protein/energy snacks

Drink enough water – don’t get dehydrated

**Stress**

Positive attitude – laugh and try not to feel too pressurised. You have worked for this

Support – Talk to others if you are worried and avoid people who are panicking on the exam day.

Remember: a little amount of stress is beneficial and can raise performance but too much is bad.

QUOTES

Stay positive. work hard. make it happen

It’s the will. not the skill

Work hard. Dream big

Hard work beats talent when talent doesn’t work hard